MCj04115000000[1]Thinking about Myself

This worksheet will help you name the things you are good at, the things you enjoy, and the things that make you special. These characteristics are called strengths, talents, and interests. You can use these characteristics in school and in the world of work.

***Instructions:***

1. Print and complete this worksheet as fully as you can.
2. Be honest in your answers. Your answers will help you learn about yourself so that you can make good choices and decisions for your future.

**PERSONAL INFORMATION**

My birth date: 10/27/93 My age: 18

My address: 1304 Herberich Ave. Akron, OH 44301

My family includes: My mom, dad, little brother, and my older sister.

Special features of my family are We’re nice.

In addition to my family, adults who are important to me include My aunt, Mrs. Paradise.

My responsibilities at home include Chores, taking care of the dog.

**SCHOOL WORK**

The subjects I enjoy most are IT, English, history.

The subjects I do best at are IT, history.

I learn best by (check one):

Looking at pictures 🗖

Reading about things 🗖

Handling things 🗖

Talking about things 🗖

Making Things 🗖

**HOBBIES AND LEISURE INTERESTS**

When I’m not at school I like to Watch Criminal Minds, shop.

I like to do this because Criminal Minds is my favorite show, and I love shopping

**WORK EXPERIENCE (PAID OR UNPAID)**

I have worked as a sales associate at Hallmark

I like to work when I have no plans

I don’t like to work when I don’t get to make plans



**MY SPECIAL QUALITIES**

Five things I really like about myself are:

1. My eyes

2. Athletic

3. Wardrobe

4. My attitude

5. My stubbornness

Other people like my ability to Explain things

My greatest achievement so far is

One thing I’d like to improve about myself is my motivation

If I could do anything in life I’d be in IT

**SUMMARY OF MY CHARACTERISTICS, INTERESTS, AND PREFERENCES**

*Review what you wrote above; sum up what you most like to do and what you do best. You can then use the information from this shaded box to fill in the* ***Getting Started:******Know Myself*** *section of* **My Career Plan,** the **“***What do you know about yourself?***”** item.

*You may also want to learn more about the occupations you listed above. Click* ***Occupations*** *on the CIS homepage. Find your occupations from the list of titles. Save the occupations that interest you in* ***My Favorites*** *for future reference.*

I most like to:

Talk to people

I am particularly good at:

Communicating

Some jobs that use my characteristics and interests are (*Brainstorm—there are no right answers here!*): Social

Your Signature: Becca Grant Date: 11/15/11

Reviewed by: Date: